

AROUND THE BAY

AND IN OUR PAGES



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Celebrating the holidays through food and sports



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Logisticians keep TFP fully prepared



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Cover Story

JTF's Base Engineer Emergency Force gets a new commander PAGE 10

BAY WIRE REPORT

Feral Cat Dilemma



The U.S. Army Veterinary Service warns that feral cats can carry a variety of diseases including: Feline AIDS, Feline Leukemia, Ringworms, Hookworms, Roundworms and Toxoplasmosis.

These diseases can be spread by touch or bites and can be serious for unborn or immuno-compromised babies.

Questions and concerns can be directed to: GTMO.vetclinic@med.navy.mil.

Yee-Haw!

The electric slide, boot-scootin' boogey, and western line are just a few of the dances you can learn or even teach to your friends at the Windjammer's Country Night.

Come on out Thursdays for free burgers starting at 8 p.m., and a live DJ to rock the night away.

Sing it loud, sing it proud

Let's be honest, if you think you have what it takes to be the next GTMO idol, sign up for Karaoke night, Saturday Jan. 11, at Marine Hill. Call ext. 2010 or email liberty@gtmo-mwr.org to



Spc. Ariail Andries

2228th Military Police Company

Staff Sgt. Cruz Martinez HHD, 93rd Military Police Battalion



CORRECTIONS Please report all corrections to thewire@jtfgtmo.southcom.mil



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Religious Services

NAVSTA Chapel

Catholic Mass

Mon.-Thur. 5:30 p.m. Saturday 5 p.m. Sunday 9 a.m.

Protestant Services

General Protestant Sunday 11 a.m. Gospel Worship Sunday 1 p.m.

Chapel Annexes

Pentecostal Gospel

Sunday 8 a.m. & 5 p.m., Room D

LDS Service

Sunday 10 a.m., Room 19

Islamic Service

Friday, 1:15 p.m., Room 2

Seventh Day Adventist

Friday, 7 p.m., Room 1 Sabbath School: Saturday 9:30 a.m., Room 1

Sabbath Service: Saturday 11:00 a.m., Room 1

JTF Trooper Chapel

Protestant Worship

Sunday 6:40 a.m. Sunday 9 a.m. Sunday 7 p.m.

Transportation Schedules

Bus #1, 2, 3:

Camp America - :00, :20, :40 Gazebo -: 01,:21,:41

Camp America NEX - :02, :22, :42

Camp Delta - :04; :24, :44

Camp 6 -: 07,:27,:47 TK 4 - :13, :33, :53

JAS - :14, :34, : 54 TK 3 - :15, :35, :55

TK 2 -: 16,:36,:56

TK 1 -: 17,:37,:57

CC -: 19,:39,:59

Windjammer/Gym - :22, :42, :02

Gold Hill Galley - :24, :44, :04

NEX -: 26,:46,:06

NEX Laundry -: 27,:47,:07

C Pool -: 30,:50,:10

Downtown Lyceum -: 31,:51,:11

NEX -: 33,:53,:13

Gold Hill Galley - :35, :55, :15

Windjammer/Gym - :37, :57, :17

CC -: 40,:00,:20

TK 1 -: 41,:01,:21

TK 2 -: 42,:02,:22

TK 3-:43,:03,:23

TK 4 - :44, :04, :24

Camp 6-:50,:10,:30

Camp Delta - :53, :13, :33

HQ Building - :55, :15, :35

Camp America NEX - :57, :17, :37

Gazebo - :58, :18, :38 Camp America - :00, :20, :40

NEX Express Bus

9:55 a.m. - 7:55 p.m. Every hour at the stated times

Camp America - :55, :48

TK 1 - :05, :36

Denich Gym/Windjammer - :11, :31 Gold Hill Galley -: 14,:29

NEX -: 16,:27

Downtown Lyceum -: 17,:25

Beach Bus

Sat. and Sun. only - Location #1-4

Windward Loop 9 a.m., 12 p.m., 3 p.m., 6 p.m.

East Caravella

SBOQ/Marina 9:05 a.m., 12:05 p.m., 3:05 p.m.

NEX

9:08 a.m., 12:08 p.m., 3:08 p.m., 6:08 p.m.

Phillips Park

9:14 a.m., 12:14 p.m. 3:14 p.m.

Cable Beach

9:17 a.m., 12:17 p.m., 3:17 p.m.

Windward Loop

9:30 a.m., 12:30 p.m., 3:30 p.m.

NEX

9:25 a.m., 12:25 p.m., 3:25 p.m., 6:25 p.m.

SBOQ/MARINA

9:35 a.m., 12:35 p.m., 3:35 p.m.

Return to Office

9:40 a.m., 12:40 p.m., 3:40 p.m.

JOINT TASK FORCE GUANTANAMO



SAFE















The Five Fingers of Death

By Sgt. Maj. Juan M. Hidalgo, Jr. Senior Enlisted Leader. JTF Guantanamo

Warriors of the Joint Task Force have frequently heard me talk about the Five Fingers of Death – the FFD. This should not be something new for anyone who has been here for more than a month. However, it is important enough to review. Although 98 percent of our Warriors always do the right thing, there seems to be two percent

that get off track. Regardless of where you fall on this spectrum, knowing and practicing the FFD will benefit you individually and as part of the JTF team.

The FFD are very simple to identify. If it's *Illegal, Immoral, Unethical, Unjust or Unprofessional*, as leaders, we should avoid it at all costs. Remember, our loyalties are not to an individual or a subordinate organization (section, platoon, etc.). Our loyalties must be to the institution. On many occasions Warriors ask me for advice about their own situations. I encourage that type of dialogue. But remember, when ques-



Sgt. Maj. Juan M. Hildalgo, Jr.

tioning, you probably already have an answer in mind!

Recognizing when to apply the FFD is easy. If what we read, say or do seems wrong, it probably is. When we do question our judgment, how can we confirm our internal decision-making process so that we can arrive at a responsible decision? We all know what a "battle buddy"

is, but do we seek their counsel when a second opinion would be most beneficial? Do we seek out mentors in times of need? A mentor might provide us with another way of looking at a situation or help us frame our decisions in ways that will lead us down the correct path. We need battle buddies and mentors who will be trustworthy enough to tell us what we need to hear, not just what we want to hear. Even with 29 years experience in the Marine Corps, I still have people I call on to tell me if I am missing the mark or if I'm headed down the wrong path. The people I call

mentor are not afraid to tell me if I am wrong, because I have selected each for their integrity and allegiance to the institution we serve.

There is nothing wrong with people agreeing with you, but beware of two extremes: "everything is perfect" or "the sky is falling." Both can be dangerous to the individual and their unit. Some will tell you, at the risk of looking bad, that "everything is perfect" and there is no need for improvement or change. Conversely, "the sky is falling" response tells us everything is terrible and needs to be fixed. We must strike a balance in our decision making and always seek to improve both personally and as an organization, while capitalizing on our strengths.

Recently a Warrior came to me and shared that his immediate senior was asking him to "show his loyalty to the unit" by not making an accurate report. This was obviously misdirected loyalty and was a clear case of obstruction of justice according to the UCMJ. We are very proud this Warrior did not cave to

■ FFD Continued on next page

TROOPER TO TROOPER

JTF Housing: Raising the roof, standards for Troopers

By Senior Chief Petty Officer John Lavery

Facilities Manager, JTF-GTMO J4

If you're in Joint Task Force Guantanamo, you probably have a roof over your head. If you've been to GTMO for any length of time, you've probably noticed a disparity in our housing areas, from the Hollywood hillside of Windward Loop, to the "Trailer Park" at Cuzco Barracks. Then there are the condo's



Senior Chief Petty Officer John Lavery

by the sea, aka Bayhill. There are also the townhomes of Tierra Kay in a décor known as intermediate hurricane patina. Lastly, there is Camp America; reminiscent of early American boot camp where, in a pinch, we can stack Troopers two tall and five deep!

On the serious side, this is my sixth deployment as a Navy Reservist. Most of my deployments have been in places where convoys and "incoming" were routine and the mission left you with little time to be concerned over which housing

area you would rather live in.

More often than not, the luck of the draw determines a lot of your circumstances. The important thing to remember is to make the best you can with what you have. The JTF Housing crew's first job is to put a roof over every head. Our second priority is to work with the individual units to shape the housing footprint to accomplish the mission with minimal inconvenience to the Troopers. Then, but no less important, to improve the quality of life within each of the housing areas, with emphasis on the more densely populated areas first; and we are always looking for new ways to do that.

With 1,000 housing units, 2,000 JTF members, and a Housing Office of three people, the numbers are sometimes overwhelming. We rely heavily on units to police their areas, NCOs to lead by example, and Troopers to be respectful of others, their surroundings, and careful within their accommodation.

We also couldn't accomplish anything without the constant rotation of Troopers into the Housing working parties. For those of you who have helped in the past, you've seen firsthand how much work goes into getting units into or out of renovation. Thanks to each of you who have helped, and to your units who managed to work around your absence. We couldn't do it without you.

4 http://www.jtfgtmo.southcom.mil/xwebsite/index.html



Three Kings come to GTMO

Story and photos by Spc. Lerone Simmons

Staff Writer, thewire@jtfgtmo.southcom.mil

It may seem as if the holiday season was over after the first day of the year, however, this year the 613th Military Police Company, assigned to Joint Task Force Guantanamo, shared one of their celebrations with U.S. Naval Station Guantanamo Bay, Cuba. One that has to do with gold, frankincense and myrrh.

Three Kings Day is a world-renowned celebration, stretching from Europe, to the Americas, and the Caribbean. Also known as the "Epiphany," or "Theophany," it means the appearance of God, for believers in Christianity in some parts of the world

"It begins on Christmas Day, and lasts for 12 days," said Army Capt. Edwin Romero, commander of the 613th MP Co. "This is a time for feasting, fellowshipping and enjoying life, while celebrating the birth of Jesus Christ. Family is very important in the Puerto Rican culture, and this is our way of giving back to our GTMO family," he said.

The spirit of giving is integral for Three Kings Day, especially with children. They leave little boxes of grass and a glass of water, for the Three Kings to feed their camels, and the Three Kings in return, leave gifts for the children.

"I actually started the tradition as a teenager with my mother, and the first gift I received was the whole set of Voltron," said Romero. "I was extremely excited."

Voltron was a popular cartoon television show beginning in 1984.

"I am proud of the work of my Soldiers, other units, and the Morale.

Welfare and Recreation program for helping to put this on," he said.

Spc. Orlando Acevedo, a corrections specialist assigned to the 613th MP



Soldiers assigned to the 613th Military Police Company enjoy a game of dominoes at the community center during the Three Kings Day dinner celebration Cuba, Jan. 5.

Co. spearheaded the planning and organizing of the festivities.

The weekend celebration began with a two-day Softball tournament Jan. 4, and finished with

the championship game and home run derby the next day. A display was set up at the game for the holiday.

In the evening, the community center was the location of a Three Kings dinner, which had many native Puerto Rican dishes; Pasteles, Alcapurrias, rice and beans, potatos stuffed with meat, pork, among several others.

"We organized this while working 12-hour shifts," said Acevedo.

Soldiers who were about to begin their shift in the afternoon were given the opportunity to take part in the feast before work, then those they relieved were shuttled to the community center to partake as well.

"We wanted our entire family to be able to take part and enjoy this day," Acevedo said. "It's tradition, a family affair."



Soldiers assigned to Joint Task Force Guantanamo, serve food to fellow Soldiers at the community center during the Three Kings Day dinner celebration Jan. 5.

■ FFD Continued from page 4

his leadership's misdirected pressure, but rightfully applied the FFD and decided, after consultation, it was the legally, morally, ethically and professionally correct and just course of action.

I've frequently heard the question: "how can I follow the FFD in the heat of the moment?" Easy! Many of you Warriors have been in combat and are familiar with, and follow, the Rules

of Engagement (ROE). The "fog of war" and the intensity of the moment validate the need for the ROE and an internal decision making process to make accurate choices that ensure safety and mission accomplishment. Whether in the heat of battle or under intense pressure from our leadership to violate our personal or institutional integrity, making the correct decision is always

the higher calling.

The FFD are similar in concept and we can look at them as a type of ethical ROE. Socially or professionally, we can use the Five Fingers of Death in our decision-making process to ensure our moral compass always remains true. The bottom line once again, Warriors: if it is *Illegal, Immoral, Unethical, Unjust Or Unprofessional*, do not say or do it.





"Philomena" delivers 5-star performance

Review by Staff Sgt. Lorne Neff

Staff Writer, thewire@jtfgtmo.southcom.mil

"Philomena" is a movie based on the true story of an investigative book written by BBC correspondent Martin Sixsmith, about a woman who tries to find the son she gave up to adoption after 50 years of silence. The woman, Philomena Lee (Judi Dench), recalls the circumstances that led to the adoption under the ward of catholic nuns as she travels from Ireland to America to find him. Martin Sixsmith (Steve

Coogan) does a fine job in his

portrayal as a journalist who was raised catholic and lost his faith. Dench's portrayal is quirky and delightful and she should be receiving Oscar considerations when the time comes.

> The movie is directed by Stephen Frears and is a bit slow-paced, but for a drama, is emotional and equally balanced with lighthearted moments. The movie received a 92 percent favorable rating on rotten tomatoes. I give it

five banana rats.

"Out of the Furnace" burns so good

Review by Sgt. David Bolton

Copy Editor, thewire@jtfgtmo.southcom.mil

Grab your popcorn, put the kids to bed and get comfortable, ladies and gentlemen because "Out of the Furnace" is going to leave you speechless. This movie gives the audience a look into the day-to-day struggle of Russell Baze (Christian Bale) as he works at his monotonous job at the local steel mill during the day and then comes home to his terminally ill father at night. Things heat up when Russell's brother Rodney (Casev Affleck) comes home from Iraq and gets involved in some shady dealings. When Rodney vanishes and the police can't explain why, Russell takes matters into his own hands to

discover the reason and people behind his brother's disappearance.

Wow, this movie has a star-studded cast including Woody Harrelson, Zoe Saldana,

Willem Dafoe and Forest Whitaker, and each one brings something special to

the big screen. The timing and rhythm of the characters and how they handle ever-increasingly complicated situations and scenarios is some of the best I have ever seen. Coming off his suc-

cess with "American Hustle," Bale really sold this story of vengeance and redemption with his portrayal of Russell. The story itself is not new, but the modern rendition

of this tried and true archetype speaks to the clairvoyant brilliance of director Scott Cooper.

You may have a whole seat but you'll



only need the edge for this heroic tale. "Out of the Furnace" blazes off the screen with four smoky, well-done banana rats.

Call the Movie Hotline at ext. 4880 or visit the MWR Facebook page for more information Stay classy, GTMO! No ALCOHOL or TOBACCO at the Lyceums! WEDNESDAY 16 Lone Surivivor (New) Philomena Walking with Dinosaurs Dallas Buyers Club (LS) Hunger Games: Catching Saving Mr. Banks The Hobbit: The Fire (LS) Desolation of Smaug PG13. 7 p.m. PG. 6 p.m. R. 7 p.m. PG13. 7 p.m. Out of the Furnace Homefront American Hustle PG13. 7 p.m. PG13. 7 p.m. R, 9:15 p.m. R, 9 p.m. R, 8 p.m. Lone Surivivor (New) Dallas Buyers Club (LS) Philomena Hunger Games: Catching Lyceum closed Lyceum closed Anchorman 2: The Fire (LS) PG13, 8 p.m. lote: Concessions at Camp Legend Continues R, 8 p.m Bulkeley are also closed every American Hustle Out of the Furnace Bulkelev are also closed every PG13, 8 p.m. PG13. 8 p.m. niaht until further notice. niaht until further notice. R, 10 p.m. R, 10:15 p.m.





Navy Petty Officer 2nd Class Nick Ludwig, master at arms assigned to the naval station, poses for a photo with Army Capt. Edwin Romero, the 613th Military Police Company commander, at a dinner after winning the Three Kings Day Home Run derby Jan. 5.



Army Staff Sgt. Jeremy Poley, military police assigned to the 66th Military Police Company, Joint Task Force Guantanamo, runs to first base during a Three Kings Day Softball tournament, at Cooper Field, Jan. 5.

Three Kings softball tourney

613th MPs share culture, unite GTMO

Story and photos by Spc. Lerone Simmons

Staff Writer, thewire@jtfgtmo.southcom.mil

Service members converged on Cooper Field for a two-day, double elimination, softball tournament and home run derby to commemorate Three Kings Day, Jan. 4, at U.S. Naval Station Guantanamo Bay, Cuba.

The festivities were hosted by the 613th Military Police Company, an Army Reserve unit based in Juana Diaz, Puerto Rico, who decided to share their holiday tradition of the celebration of the Three Kings that embarked find Jesus.

The games brought out seven teams comprised of several units and Troopers stationed under the Joint Task Force Guantanamo banner and U.S. NAVSTA GTMO. Beginning at 9 a.m., teams played and were eliminated until the last two were left for the championship game.

The following day, the home run derby took the lead before the last game of the tournament.

"This was my first home run derby, and I'm glad I won,"

said Navy Petty Officer 2nd Class Nick Ludwig, master at arms assigned to U.S. NAVSTA Security. "I'm a left-handed hitter, so I used the shorter end of the field, along with the

wind to get them over the fence."

Ludwig won the title by hitting four home runs.

After a day of play, team 907, representing the 761st Military Police Battalion, faced off against the War Eagles of the 66th Military Police Company for the title; 907 team had one loss while the 66th MP Co. was undefeated.

In the end, 907 swept the War Eagles in two, close back-to-back games, sealing their victory.

"I had a great time, said Army Staff Sgt. Jeremy Poley, military police assigned to the 66th MP Co. "Activities like these show Soldiers that they can

do something fun, other than just sitting in their rooms." With a series of close calls, the final score was 8 − 7. The 613th MP Co. hopes to make this a long-standing GTMO tradition for years to come. ⋄



Team 907, pose for a photo after winning the Three Kings Day Softball tournament at Cooper Field Sports Complex. Jan. 5.

OFF INTO THE WI





New 474th ECES comm

Story and photos by Sgt. David Bolton

Copy Editor, thewire@jtfgtmo.southcom.mil

In full view of the Joint Task Force Guantanamo Bay command element, a squadron of Airmen, co-workers, peers and friends, Air Force Lt. Col. Edward P. Phillips assumed command of the 474th Expeditionary Civil Engineer Squadron during a Change of Command ceremony Jan. 8, at Camp Justice. Phillips took command after his predecessor's, Air Force Lt. Col. Randy C.A. Whitecotton, tour of duty came to an end.

Overseeing the succession of events for the 474th ECES was Air Force Col. Jonathan R. VanNoord, commander of the 474th Air Expeditionary Group. After passing the unit guidon to Phillips, a tradition symbolizing the commitment to, and acceptance of, responsibility for a unit, VanNoord spoke



about the outstanding service Whitecotton and the Base Engineer Emergency Force has provided for GTMO.

"They (the BEEF) have done an amazing job supporting the entire island," said VanNoord. "We appreciate all the work you and your team have done."

VanNoord noted how the BEEF Airmen gave back to the base and community by working at the nursery, helping with beach clean ups, and working safe ride; all in their free time. He also commended the 474th ECES's official accomplishments over the last year.

"They have handled over 1,000 work orders, conducted 23,000 hours of labor, built fire breaks to protect homes and facilities, and supported six commissions; more than any BEEF team in the past."

LD BLUE YONDER





ander comes to GTMO

As part of his farewell remarks, Whitecotton thanked those present for their support during his time as commander of the BEEF.

"I am grateful for your unwavering commitment to the mission," said Whitecotton. "Coming together is a beginning, keeping together is progress, working together is success. Through that 'can do' spirit of our Airmen, we work together to achieve that success."

As the sun rose higher in the Cuban sky, Phillips rose from his seat to address those gathered.

"Not every officer gets to command in an expeditionary environment, let alone in a place as historical as the JTF," said Phillips. "BEEF 14 will continue that tradition of supporting all services.



Phillips remarked as to how his previous deployment experiences with NATO in Iraq and Afghanistan have prepared him for this mission as commander of the 474th ECES.

"I've done a lot of work with other services and part of that is communications," said Phillips. "If you can't speak the common language, it's very hard to understand one another and get stuff done. That's the biggest obstacle."

Phillips said he was very excited about getting down to business and starting his time at GTMO as commander of the BEEF.

"Our goal is to be safe and to maintain the legacy of the Air Force," said Phillips. "The Air Force has a very small presence here so our job is to show what the Air Force, and BEEF in particular, can do across the board."





Army Pfc. Ernesto Camacho, a unit supply specialist with Task Force Platinum, reads aloud the serial and identification numbers as they are checked against records by Army Pfc. Marquetta Hemingway, a unit supply specialist with TFP, at the supply shop at Joint Task Force-Guantanamo's Camp Delta, Dec. 6. Camacho said the reason for checking the serial numbers was to ensure the proper accountability of all items.



Army Pfc. Ernesto Camacho, a unit supply specialist with Task Force Platinum, and Army Pfc. Marquetta Hemingway, a unit supply specialist with TFP, check serial numbers on computers to verify the items at the supply shop at Joint Task Force-Guantanamo's Camp Delta, Dec. 6. Camacho said the reason for checking the serial numbers was to ensure the proper accountability of all items.



Army Pfc. Ernesto Camacho, a supply specialist with the 93rd Military Police Battalion, helps unload items that are not mission essential at the Property Book Office at Joint Task Force Guantanamo Bay, Cuba Jan. 8, 2013. The supply team are in charge of tracking every piece of equipment, requisitioning items and supplies that are running low, and keeping tabs on all property book items and who has them.

From staples to scanners and everything in between

S4 has TFP covered

Story and photos by Sgt. David Bolton

Copy Editor, thewire@jtfgtmo.southcom.mil

If it's not air, S4 can take care of it. As the "go-to guys" for their battalion, the Task Force Platinum supply and logistics shop is in charge of tracking every piece of equipment, requisitioning items and supplies that are running low, and keeping tabs on all property book items and who has them. A monumental task for anyone without the know-how and wherewithal to complete such a job. Fortunately for the TFP, there are Soldiers who are up to it.

"S4 is the backbone of logistics," said Army Pfc. Marquetta Hemingway, supply specialist, 93rd Military Police Battalion. "If something can't be handled at the company level, they call S4 for things like supplies or tools that the company may need."

As part of their operations, the S4 does a lot of pick-ups for supplies and runs errands on a daily basis.

"I'm learning my job," said Army Pfc. Ernesto Camacho, supply specialist, 93rd Military Police Battalion, who is on his first deployment. "They give me my own task like 'go get this item' and I do it. Whatever they need, I get tasked out to do it and I like it because I get to learn responsibility at the same time."

Camacho added that filling out the paperwork and getting it to the right people for accountability is extremely important.

"You have to make sure you know where your equipment is," he said.

"We check to make sure the equipment assigned, is actually there," said Hemingway. "If you have a monitor whose ID is wrong in the books, someone could be charged for the misplaced item."

In the supply world, the ones who have the equipment, tools and supplies are the ones who can do the most good. Without supplies, the S4 would shut down and subordinate units would not be able to complete their missions. The most challenging part is finding the supplies.



Army Pfc. Marquetta Hemingway, a supply specialist with the 93rd Military Police Battalion, helps unload and organize non-mission essential items at the Property Book Office at Joint Task Force Guantanamo Bay, Cuba Jan. 8, 2014. Hemingway said the supply, or S4, shop is the backbone of logistics and they can take care of any item outside of vehicles.

"Here at Guantanamo it's not as easy to get things as it is back in the states where I can just go across the road to the store and get things," said Hemingway. "Connections are big. I'll call other units to help fill my needs. As long as you have connections, you'll never run out of stuff."

Hemingway added that purchase requests sent to her shop have to wait a minimum of two months for supplies to get here.

"It's kind of hard to tell my people 'give me two months and your supplies will be here."

All of the request forms are compiled into one big form and are submitted by the S4 for approval.

At the end of the day, the TFP S4 handles their business so that others may be able to handle theirs.



Seven Deployments Down

Airman continues deployment legacy at GTMO

Story by Sgt. Cassandra Monroe
Staff Writer, thewire@jtfgtmo.southcom.mil

Growing up, Timothy Shea was your average, small-town kid from Somersworth, N.H. Soon after venturing into the adult world, Shea started working at the town's post office but felt an itch to be more. Being raised in a town of about 9,000, Shea's ambitions to explore what else was out there grew and were bigger than his 50-student graduating high school class. Little did he know he would be serving his nation overseas through seven different deployments.

Shea joined the Air Force as an active duty water and fuels systems maintenance specialist, a tribute to his step-father's advice. His step-father, who served more than 10 years as part of a K-9 military police unit, told him that joining the service would assist him in post-military service employment.

"I had no idea I was getting deployed when I joined," said Shea. "I figured maybe one year in Korea. But I had no idea I was getting deployed this much."

Shea volunteered for most of his deployments, saying his motivation was being a physically and mentally fit individual who was ready to deploy.

"A lot of people can't deploy because of family or height and weight issues," he said. "I was always healthy, so when I was asked, I always said 'yeah, sure."

Shea, now a technical sergeant, said this deployment to U.S. Naval Station Guantanamo Bay, Cuba, was not a volunteer effort. If anything, it was more of a surprise.

"I got off the plane from my deployment to the United Arab Emirates, Abu Dhabi, and within the first few minutes, they told me I was going to Cuba," he said. "I didn't argue. This place is great."

Deployments can offer truly unique experiences that veterans fail to forget. For Shea, one experience he shares is when he had the opportunity to re-enlist and extend his military career standing on property that, at the time, was owned by Sadam Hussein.

"To be on top of the palace where Sadam and his family all lived, it was great, and the scenery was great," he said.

For those who have deployed more than once, or who are serving on continuous deployments, Shea offers the advice of staying positive.

"The key is to do whatever it takes to stay positive no matter what your situation is," he said. "Distance yourself from the people who are constantly negative. What I like to do while I'm deployed is to always stay busy by playing organized sports, volunteer work and finding worthy projects to take on so I'm not thinking about home."



Photo by Army Sgt. Cassandra Monroe



Tech Sgt. Timothy Shea in Iraq (Courtesy photo)



Tech Sgt. Timothy Shea with a friend in Baghdad, Iraq (Courtesy photo)



Safely exploring the briney deep

Story by Pfc. Cody Cooper

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Beneath the crystal clear surface, 50 feet down, a man swims with an air tank strapped securely to his back. Long, bright, yellow flippers and a regulator resting in his mouth. He flutters his flippers in a wide motion to advance forward. He inhales to glide over a jagged coral formation and exhales to return to the sandy bottom.

The man comes to a gentle stop and gazes at his environment. He sees not the reports on his desk, emails in his inbox or the phone calls ready to be answered, but the bright sun glistening through the surface on a small coral reef that sits on the sea floor.

Hovering just over the small coral reef is a small, inconsequential fish.

"Diving to me is very relaxing and peaceful," said Air Force Staff Sgt. Todd Zahler, a structural journeyman with the Base Engineer Emergency Force here at Guantanamo Bay, Cuba. "To be submerged under so much water and to see how the different wildlife interacts with each other is quite amazing."

Although scuba diving can be a way to escape the stresses of work, it is also important to dive safely. Like having a battle buddy on the battle field, it is also essential to have a buddy while diving.

"Using a buddy's alternate air source can be handy or, even in some cases, life saving when you're down 100 feet and your



Air Force Staff Sgt. Todd Zahler, a structural journeyman with the Base Engineer Emergency Force for Joint Task Force Guantanamo, stands on the sea floor in Guantanamo Bay, Cuba. Zahler has been diving for more than 13 years. (Courtesy photo.)

low or even out of air," said Zahler.

Having that second pair of eyes can be helpful spotting potential hazards such as sharp objects or boat traffic when resurfacing after safety stops, Zahler said.

Safety stops, a three to five-minute stop made between 15 and 20 feet, is vital to diving because is allows absorbed nitrogen to release from you body. Safety stops are a good habit to conduct on every dive but are mandatory on deeper dives.

"Sometimes you can be diving and don't realize how deep you are. You're focused on the unique plants and fish. It isn't until you look at your depth gage and see that you're 90 feet below the surface," said Zahler.

Although some people may fear being in deep water, others are frightened by the wildlife.

"Everyone fears barracudas, sharks, eels and stingrays. They're actually very docile. As long as you are not doing anything to disrupt them in their environment, they will leave you alone," said Zahler.

With the chance to be able to see creatures in their natural habitat, it is certainly hard to pass up the opportunity.

"I would defiantly recommend scuba diving here if you have time and can afford it," said Zahler.

Zahler has been diving for 15 years and plans to take his experience the he has gained here and apply it to future dives.

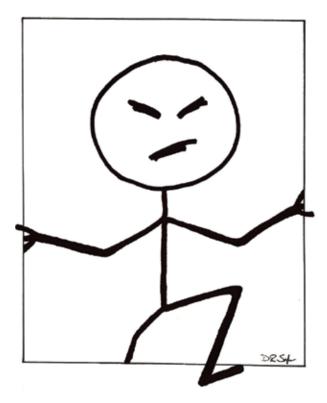






THE DOWNSIDE UP

by Staff Sqt. Darron Salzer



Forget this! I'm out!



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Honor where honor is due

A small team of volunteers weeded and cleaned a monument which honors two fallen Marines on Naval Station Guantanamo

The monument lists the names of Privates William Dumphy and James McColgan, both from the 1st Marine Battalion, who gave their lives during the June 1898 Battle of Camp McCalla at Guantanamo Bay. These Marines had been on outpost duty providing early warning of the enemy for their unit. The monument is now visible from the road and those who wish to pay their respects can see how the display is laid out and view the names of these two young Marines.

Pictured at right are Army Capt. Karie Hawk, Navy Cmdr. Terry Eddinger, Petty Officer 2nd Class Timothy Owens, Army Lt. Col. Jerrie Muir and Army Capt. Jennifer Thurston.



Mealswith

Lazy mornings call for easy breakfast recipes. This delicious side dish packs all the flavor of the breakfast essentials with minamal effort. Between all of the cheese, bacon, and potato goodness, you won't be able to put these down! I personally made mine with just cheese and bacon, but you could substitute the sausage for ham or steak if you'd like. That's the fun of recipes; you can make them your own!

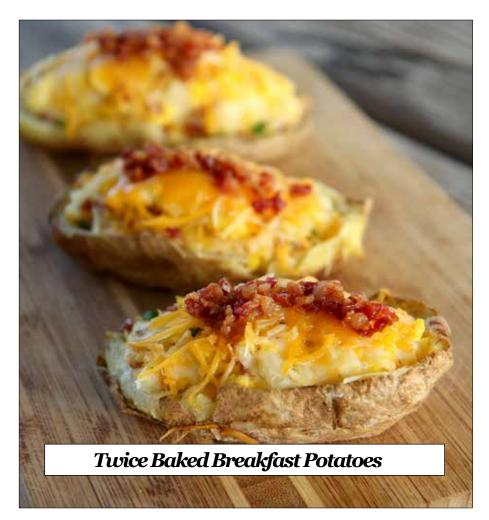
Scrub 4 large baking **potatoes** then pierce several times with a fork. Place on a microwave-safe plate. Microwave, uncovered, on high for 15-17 minutes or until tender, turning once.

Meanwhile, in a large skillet, melt one tablespoon **butter** until over medium-high heat. Add four large **eggs** and cook and stir until set. Remove and set aside. In the same skillet, cook 10 ounces of **sausage** over medium heat until no longer pink; drain and set aside.

When potatoes are cool enough to handle, cut each in half lengthwise.

Scoop out pulp, leaving thin shells. In a large bowl, mash the pulp with 1/4 cup **sour cream**. Stir in 1/2 cup 'real' **bacon bits**, 1/2 cup **cheese**, 1/4 cup **chives**, **parsley**, 1/2 teaspoon **salt**, 1/2 teaspoon **pepper**, **eggs** and **sausage**. Spoon into potato shells.

Place on a baking sheet. Bake, uncovered, at 375 degrees for 12-15

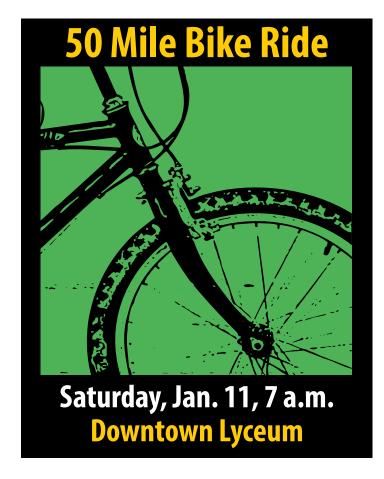




minutes or until heated through. Sprinkle with remaining cheese and chives. Serve with additional sour cream if desired. Yield: 8 servings. p.s. (one last thing)

I want to hear from you! Did you try my recipe and loved it? Did you try my recipe and hated it? Well... that's too bad but email me anyways! If you have a recipe you'd like for me to try,

contact me! cassandra.l.monroe@ jtfgtmo.southcom.mil









distinctive call near the Boa Bend trail.

Send your best photos to thewire@jtfgtmo.southcom.mil

PHOTO OF THE W